



Working together to Safeguard Children in BaNES

e-NEWSLETTER

4th Edition: Self Harm & Suicide

Data and guidance taken from:

[Self-Harm: Multiagency Guideline For Professionals who work with Children and Young People who Self-Harm \(BaNES Council, Oxford Health NHS Foundation Trust\)](#)

DSH is defined by NICE (2004) as “an expression of personal distress, usually made in private, by an individual who hurts him or herself”

It is a common problem, frequently misunderstood and hidden. The average age to start harming is 13, with a male: female ratio of 1:4. **Triggers** for DSH are many; bullying, school or home stress, divorce, bereavement, DAV, abuse BUT **signs** may be subtle with *change* being the predominant feature, isolating them self, avoiding sport, changing clothes. When supporting a child who has disclosed self-harm be clear you cannot offer unconditional confidentiality and do not make promises you cannot keep. Listen carefully, use open questions and signpost to appropriate organisations for help (see box below).

40-60% of suicides have at least one previous episode of DSH. **In the UK, suicide is the 2nd most common cause of death for 15-24 year olds after RTAs.**

In September 2013 the BaNES LSCB published:

[A Serious Case Overview Report in respect of David A from Bath:](#) (who died by his own hands in 2012).

As in common with many other SCR, GPs were seen as key professionals but they were not involved in the child protection process. The LSCB is working to identify barriers to participation and the CCG Safeguarding Team are involved in discussions with Area Team and the LMC about providing reimbursement for locums needed to cover our surgeries if attending a strategy or CP conference.

Specific recommendations from this SCR are that GPs should be proactive in engaging young people for feedback on their services to enable improvement. Organisation's such as Off the Record and Young Health in conjunction with The Children's Society could be used specifically for this and advertised on surgery websites along with links to resources shown below.

Some recommended Websites/Resources for C&YP

www.docready.org: a website and app that helps young people set an agenda and prepare for visit to GP.

School counsellors there is currently a pilot counselling service “Talking Space”, operating in 8 secondary schools. Telephone: [Relate on 01225 350010](tel:01225350010) for further information.

Papyrus (support young people with suicidal thoughts and those who live with them) 0800 0684141
www.papyrus-uk.org

Local support for LGBT Issues and Domestic Violence at www.offtherecord-banes.co.uk

Project 28 (Substance Misuse) 01225 329411, <http://www.dhi-online.org.uk/do/bath/project-28/>

Coping with Bullying, including online bullying; Kidscape <https://www.kidscape.org.uk/advice/>

National Self Harm Network 0800 622 6000 (Thursday-Sat 7-11pm, Sun 6.30-10.30pm)
(support for individuals who self harm and their families) www.nshn.co.uk

Childline 24hour helpline 08001111 Samaritans 24hr helpline 08457909090

Our next Safeguarding Leads Meeting will be at 12.30pm on Thursday 28th January in Number18 Surgery. It will be focusing on adolescents and sexual health and led by Fiona Finlay & Sophia Swatton. This will be Sophia's last meeting prior to her departure to Wiltshire. We would like to take this opportunity to thank her for all her hard work and support and to wish her every success in her new job.